

ABSTRACT OF THE DISCLOSURE

The image heating apparatus for heating an image formed on a recording material, comprising: first rotatable member; said first rotatable member  
5 contacting second rotatable member, wherein the recording material bearing the image passes through a nip portion formed at a position between said first rotatable member and said second rotatable member; heating means for heating said first rotatable member,  
10 said heating means including a third rotatable member that is flexible and a temperature detecting element, wherein the third rotatable member contacts an outer peripheral surface of said first rotatable member with the third member, wherein the temperature  
15 detecting elements is provided in an area of an inside surface said third rotatable member, wherein said first rotatable member and said third rotatable member contacts in the area; and control means for controlling said heating means based on detecting the  
20 temperature of said temperature detecting elements.

Thus, the activation time can be shortened, and a scratch can be prevented from being made on the surface of the rotatable member contacting the toner image.